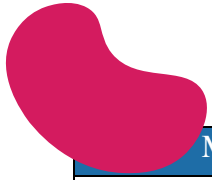
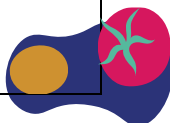
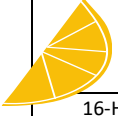


Auntie Rose's
AFTERSCHOOL MEALS SUPPER
SEPTEMBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-CLOSED	3 – Beefaroni (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	4 – Meatballs in sauce (4) Mashed Potato (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	5– BBQ Chicken Drumstick (4oz) Seasoned Black Beans & Rice (1c) Steamed Corn (1/4c) Milk (8oz)	6- Sliced Ham (1.83oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
9 – Sloppy Joe (beef or turkey 3oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1)) Milk (8oz)	10 – Macaroni & Cheese (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	11 - Shepherd Pie 2" x 3 3/4" serving with Ground Beef (2oz) Mashed Potatoes in entree (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	12 – Ham or Smoked Sausage in Red Beans (1c) Steamed Corn (1/4c) Mayonnaise (1) Milk (8oz)	13- Sliced Turkey (2.26oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
16-Hot Dog (2oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1)) Ketchup/Mustard (1) Milk (8oz)	17 – Spaghetti & Meat Sauce (1c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	18 – Sloppy Joe (beef or turkey 3oz) Mashed Potato (1/2c) Steamed Carrots(1/4c) WGR Bun (1)) Milk (8oz)	19 – Ham or Smoked Sausage in Red Beans (1c) Steamed Corn (1/4c) Mayonnaise (1) Milk (8oz)	20- Sliced Bologna (1.5oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
23-Hot Dog (2oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1)) Ketchup/Mustard (1) Milk (8oz)	24 – Beefaroni (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	25 – Meatballs in sauce (4) Mashed Potato (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	26– BBQ Chicken Drumstick (4oz) Seasoned Black Beans & Rice (1c) Steamed Corn (1/4c) Milk (8oz)	27- Sliced Ham (1.83oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
30 – Sloppy Joe (beef or turkey 3oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1)) Milk (8oz)	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	Serving Utensils: 3oz – ivory handle 4oz (1/2c) – green handle 6oz (3/4c) – purple handle 8oz (1c) – blue handle		



Auntie Rose's
AFTERSCHOOL MEALS SNACK
SEPTEMBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	4 IW Cheese Stick (1oz) Tortilla Chips (1oz)	5 IW WGR Graham or Animal Crackers (1oz) 100% Fruit Juice (6oz)	6 IW WGR Goldfish Crackers (.75oz) Yogurt (4oz)
9 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	10 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	11 IW Cheese Stick (1oz) Tortilla Chips (1oz)	12 IW WGR Goldfish Crackers (.75oz) 100% Fruit Juice (6oz)	13 IW WGR Goldfish Crackers (.75oz) Yogurt (4oz)
16 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	17 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	18 IW WGR Pretzels (.8oz) Yogurt (4oz)	19 IW WGR Graham or Animal Crackers (1oz) 100% Fruit Juice (6oz)	20 IW Cheese Stick (1oz) Tortilla Chips (1oz)
23 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	24 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	25 IW Cheese Stick (1oz) Tortilla Chips (1oz)	26 IW WGR Graham or Animal Crackers (1oz) 100% Fruit Juice (6oz)	27 IW WGR Goldfish Crackers (.75oz) Yogurt (4oz)
30 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	IW = Individually Wrapped		

